

RNR MARATHON TRAINING REGISTRATION IS STILL OPEN

Registration for the 2021 Rock 'N' Roll Marathon Training Program is now open to COSA employees and up to one family member. Start your marathon training journey today. Program discounts, details, registration and more are available now at www.epicendurancetx.com/teamcosa



WELLNESS WORKSHOP HEALTHY & STRONG FOR SUMMER '21 presented by BCBSTX Health Coaches

Wondering how many sets or reps to do, whether to use light or heavy weights, high carb, low carb, or no carb at all? With so much information it can get quite confusing out there.

Join your BCBSTX Health Coaches as they bring it all together and discuss exercise program design, alternatives to working out at the gym, choosing the most appropriate diet plan for your goals, the importance of hydration on performance and more.

LIVE WEBINAR
WEDNESDAY, JUNE 30
1-2 PM



LET'S FIESTA SAN ANTONIO JUNE 17-27, 2021

Fiesta San Antonio started in 1891 as a one-parade event to honor the memory of the heroes of the Alamo and Battle of San Jacinto. That historic commemoration still takes place but Fiesta has grown into a celebration of San Antonio's rich and diverse cultures and today is one of this nation's premier festivals with an economic impact of more than \$340m.



CELEBRATE FREEDOM JUNE 19, 1865



A day to celebrate the end of slavery in the United States and a time to reflect on what freedom means today.

Did you know that Texas was the first state in which Juneteenth was designated as an official state holiday in 1979?

HEALTHY RECIPE MEXICAN FIESTA BOWL

Celebrate Fiesta 2020 with some balance by trying this healthy, easy, Tex-Mex inspired recipe that takes less than a half hour to create. Hint: Cook it once and then eat the yummy leftovers all week.

Ingredients

- 1/2c brown rice (cooked)
- 1c black beans (drained & rinsed)
- 12oz grilled chicken (chopped)
- 2c bell peppers (chopped)
- 2 cloves garlic
- 1tbsp olive oil
- 1 avocado
- 1c pico de gallo
- 1 lime

Instructions

Saute peppers, onion & garlic in olive oil and then combine with rice, black beans & grilled chicken. Add pico & lime, divide mixture into 3 servings and top with 1/3 avocado per bowl.